Food & Wine: Flavors of Tuscany & Umbria

Pre-departure information for your tour

GO AHEAD TOURS

Passport, visa & entry requirements

- In order to enter Italy, U.S. and Canadian citizens need a valid passport with an expiration date extending at least six months beyond the date of reentry.
- We recommend having at least one blank passport page for entry stamps.
- There is no visa required for U.S. or Canadian citizens.
- If you are not a U.S. or Canadian citizen, you must contact your destination country's consulate for your specific entry requirements.
- You can see the most up-to-date entry requirements for the destination(s) you'll visit on tour by going to goaheadtours.com/entry-requirements and searching the code TOT.

Tour pacing & mobility

- You will walk for at least 2.5 hours daily across moderately uneven terrain, including paved roads and cobblestone streets, with some hills and stairs.
- Travelers should be healthy enough to participate in all included walks without assistance. Adding optional excursions may increase the total amount of walking on your tour.
- You should feel comfortable managing your own baggage at times.
- Go Ahead Tours and the Tour Director who accompanies your group are unable to provide special, individual mobility assistance to travelers on tour. The responsibility of the Tour Director is to ensure the group as a whole enjoys a relaxing and informative journey, and he or she cannot be relied upon to provide ongoing, individualized assistance to any one traveler.
- If you have any mobility concerns or physical restrictions, please contact our Customer Experience Team.

Transportation & arrival information

- Round-trip flights booked through Go Ahead Tours arrive in Florence and depart from Rome. A representative from Go Ahead Tours will meet you at the airport and take you to your hotel. Please remain in the arrival lounge, as the representative might be escorting one of your fellow travelers to the bus at the time of your arrival.
- Transfers to and from the airport at your destination are included for travelers who have purchased their flights through Go AheadTours. Travelers who purchase their own flights may request airport transfers with Go Ahead Tours for an additional cost.
- All other included transportation on this tour is by private motor coach.

Baggage allowance

- Please note that our travelers are limited to one checked bag and one carry-on bag per person due to storage limitations on motor coaches and other transfers, which may include train connections or flights.
- Contact your airline(s) for baggage size and weight restrictions for your flights, which may include on-tour flights in addition to your round-trip flights to and from tour. Please note that your included on-tour flights may have more restrictive baggage limits.
- Some airlines may impose additional charges if you choose to check any baggage or exceed baggage size and weight restrictions. Be advised that you are responsible for any baggage fees incurred on all flights.
- Make sure you label your baggage and keep valuables, medication, and documents in your carry-on bag.

Clothing & packing tips

- We recommend packing lightweight, loose-fitting clothing that can be easily layered to accommodate varying temperatures, as well as a light jacket or rainwear.
- A sturdy pair of walking shoes or sneakers is recommended for sightseeing.
- You may want to pack dressier attire if you plan to visit a high-end restaurant or attend a special performance.
- It is preferable not to visit churches or other religious sites with bare legs and shoulders (and entrance may be denied on this basis).

Health

- At least 60 days prior to departure, check with your doctor or healthcare provider for the latest updates and entry requirements, or visit the Center for Disease Control and Prevention website at cdc.gov.
- If you have medication that you take daily, be sure you have enough for each day of the tour as well as any possible delays encountered.
- If you have dietary restrictions and/or food allergies please notify Go Ahead Tours at least 30 days prior to departure by logging in to your account and updating your traveler info. To update this information closer to your departure date, please call our Customer Experience Team.
- You can see the most up-to-date entry requirements for the destination(s) you'll visit on tour by going to goaheadtours.com/entry-requirements and searching the code TOT.

Cuisine

- Tuscany is world-famous for its wine, oil, sauces, and pasta. Menus favor subtle, lighter pastas and desserts made with nuts, fruit, and honey. Try a dish featuring the region's Chianina beef, perhaps the most prized breed of cattle in all of Italy. For wine, popular Tuscan reds include Chianti, Brunello di Montalcino, and Vino Nobile di Montepulciano, which are primarily made from the Sangiovese grape. Well-known white wines are also made around the San Gimignano region.
- In Umbria, don't miss sampling both the reds and whites produced around Orvieto and Perugia.
- For more authentic meals, try local *trattorias*, small restaurants set away from the main piazzas. A typical Italian meal includes wines and the occasional beer, followed by a few sips of after-dinner drinks like *grappa* or *limoncello*.

Electricity & air conditioning

- Italy operates on the European standard 220-240 volts and use Types C, F, or L plugs with two or three small, round pins.

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- We recommend packing a universal adapter, as well as a voltage converter if you plan on using your own hairdryer or other device without a built-in converter.
- The strength of the air conditioning in European hotels is often not as strong or as cool as what you might be used to in the U.S. or Canada. When air conditioning is available, it is usually regulated seasonally and controlled centrally by the hotel.
- Your hotel may provide hairdryers, irons, and other small appliances. However, these amenities cannot be guaranteed.

Connectivity

- Wi-Fi is available in most hotels, though some charges may apply.
- There is no Wi-Fi on any of the motor coaches.
- Please contact your mobile service provider for information on roaming charges.

Time zones

- Italy is one hour ahead of Greenwich Mean Time (GMT) and six hours ahead of Eastern Time (ET).
- When it's noon in New York, it's 6pm on tour.

Currency

- You will use the euro on this tour.
- Better rates of exchange are usually available overseas, although it's worth ordering some currency from your local bank to use when you first arrive.
- We strongly advise that you take debit/bank cards and credit cards, which can be used to withdraw cash at local banks as needed.
- You can use most debit/credit cards at ATMs on the international networks Cirrus and Plus, but make sure to check with your home bank about withdrawal fees.
- Inform your bank and credit card company of your travel plans so that they won't confuse your international purchases for fraudulent charges.
- International banks and businesses primarily accept debit and credit cards that work with the EMV chip system. If you do not already have at least one debit or credit card with a chip in it, we strongly recommend requesting one from your bank prior to your tour.

Tipping

- At the conclusion of your tour, it's customary to offer your Tour Director and driver a gratuity in local currency. Please keep current exchange rates in mind.
- We recommend tipping the equivalent of $7USD to $10USD per person per day for your Tour Director and the equivalent of $3USD per person per day for your driver.
- If applicable, we also recommend the equivalent of $2USD per local guide.
- Tips can only be paid in cash.

Purchasing excursions on tour

- Most optional excursions will be available for purchase while you are on tour.
- Your Tour Director will only accept cash (in USD only), Visa, or MasterCard as payment for optional excursions.
- Please be advised that if you pay for an excursion by credit card while on tour, it may take up to three months for your card to be charged.
- Some optional excursions may only be purchased in advance. See page four of your tour itinerary for more information.

Museums in Florence

- If you are interested in visiting any of Florence's many museums during your free time, we recommend that you make reservations in advance. See uffizi.org for the Uffizi Gallery or accademia.org for the Accademia Gallery. Please note that the museums are closed on Mondays.